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THE CALIFORNIA ECLECTIC MEDICAL JOURNAL

Incorporating
THE LOS ANGELES JOURNAL OF ECLECTIC MEDICINE
AND THE CALIFORNIA MEDICAL JOURNAL.

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O. C. WELBOURN, A. M., M. D., Editor

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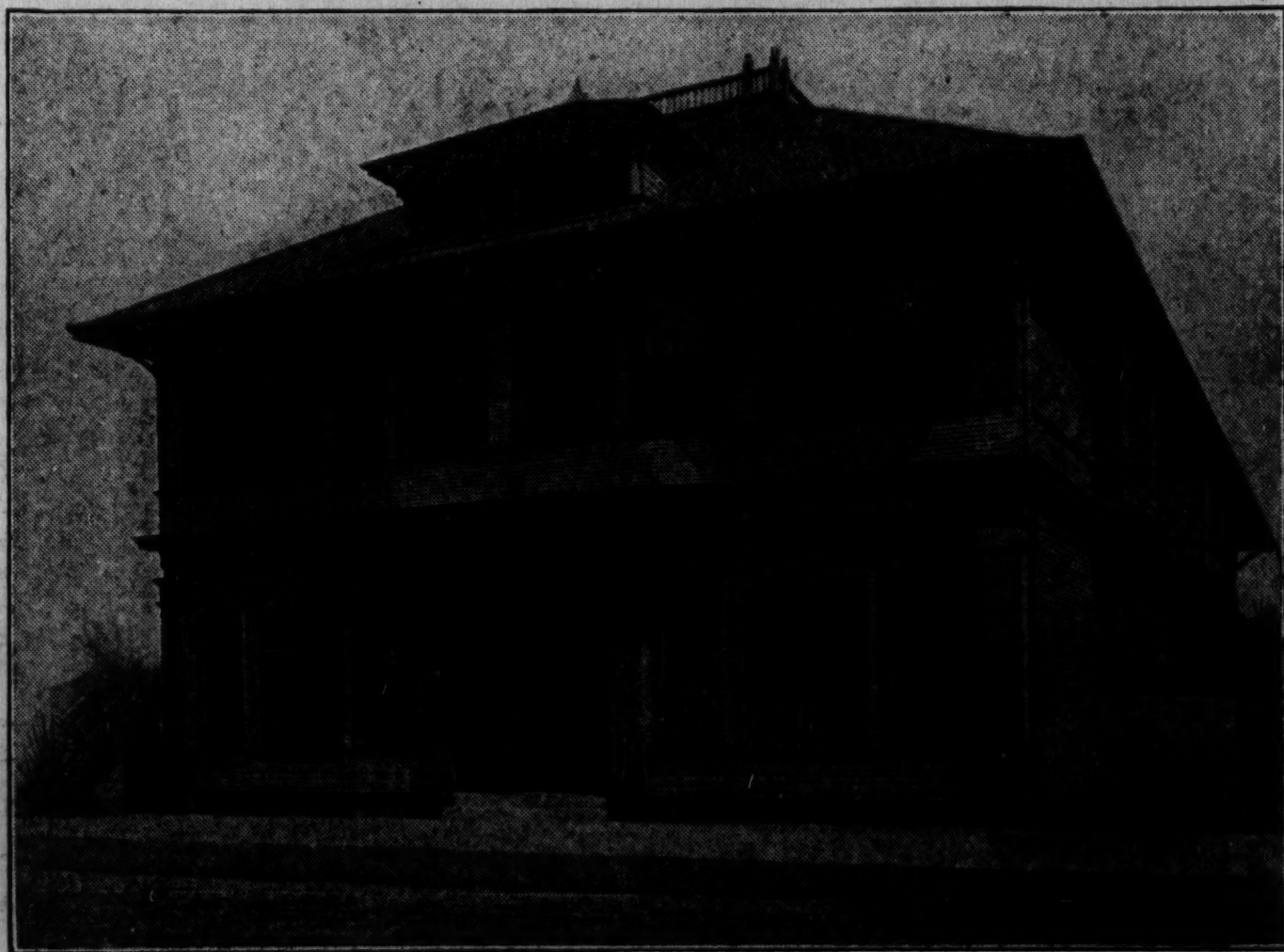
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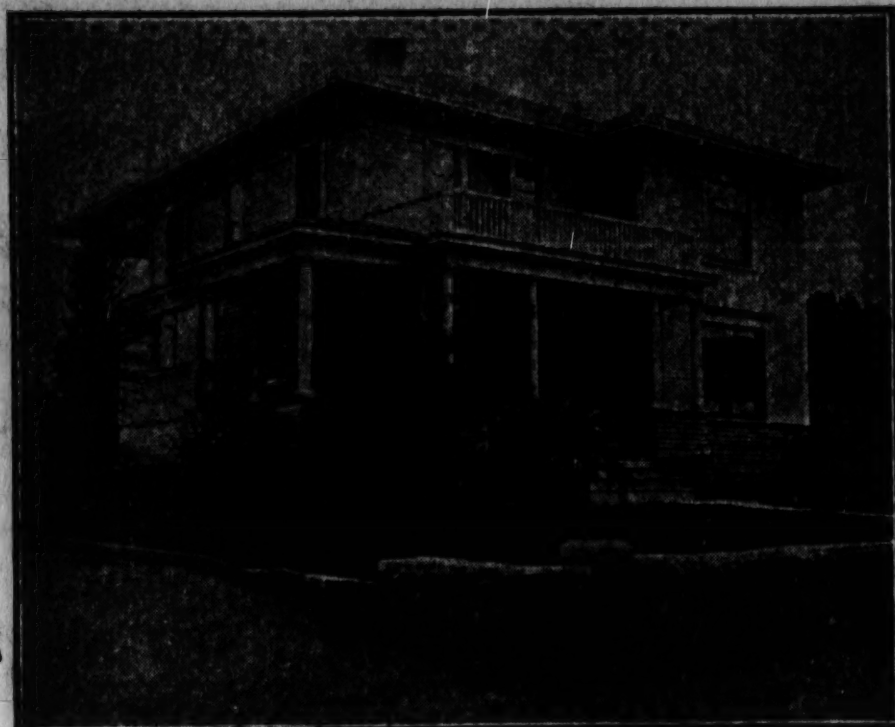
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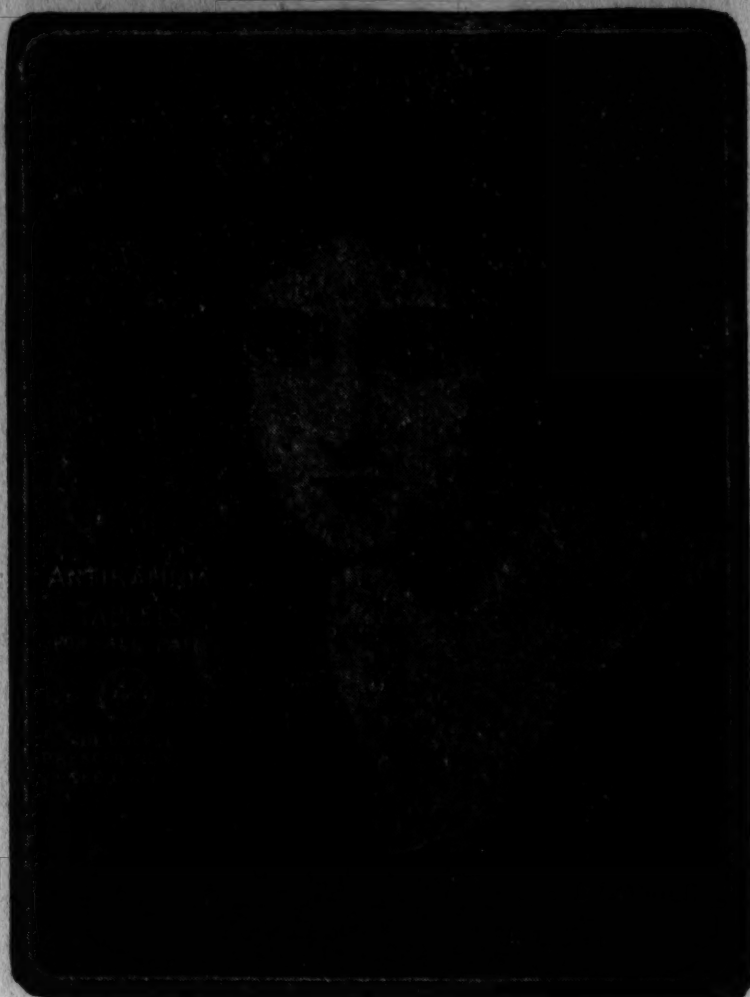
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The California Eclectic Medical Journal

Vol. II

DECEMBER, 1909

No. 12

Original Contributions

SOMETHING MORE ABOUT ANEMOPSIS.

By John Fearn, M.D., Oakland, Cal.

The attention given to the use of *Anemopsis Californica* in Eclectic journals is bearing fruit and inquiries are coming in as to where it grows. I am glad to get these inquiries, for I think it is a very good thing for progressive physicians to become acquainted with indigenous remedies which grow around them—hence this article, which will enable many physicians to recognize this valuable plant.

Jepson in his "Flora of Western Middle California," says: It grows in saline and rather wet places at Collinsville, Sacramento Valley and southward, Walnut Creek, Alameda Marshes and San Jose.

My first supply was from Colusa, in Colusa County. I know it grows profusely about Los Angeles but, though somewhat familiar with Alameda marshes, I have not seen it there.

In that beautiful book, "Wild Flowers of California," written by Mary E. Parsons and illustrated by Margaret W. Brick, a book I would like to see, in the hands of every physician in the state, M. E. Parsons gives first the botanical description of this plant thus: "Rootstock creeping. Radial leaves, long petioled, elliptic oblong, two to ten inches long. Stems, six inches to two feet high. Flowers, without sepals and petals, sunk in a conical spike; six to eighteen lines long; a small white bract under each flower. Spikes, subtended by from five to eight white petal-like bracts, six to fifteen lines long. Stamens, three to eight. Ovary apparently one celled. Stigmas one to five. Hab. southern to central California." With this there is a cut of the plant which any one may recognize.

The gifted author then presents us with this beautiful pen picture of *Anemopsis*. "Just as the fervid glow of the sun begins to transform the green of our suburban hill slopes to soft browns, the still vividly green lowland meadows suddenly bring forth myriads of white stars, which in their green setting become grateful resting points for the eye. These are the blossoms of the famous Yerba Mansa of the Spanish Californians. Among these people the plant is an infallible rem-

edy for many disorders, and so highly do they prize it, that they often travel or send long distances for it. The aromatic root, which has a strong peppery taste, is very astringent, and when made into a tea or a powder is applied with excellent results to cuts and sores, the tea is also taken as a blood purifier, and the plant in the form of a wash or poultice, is used for rheumatism, while the wilted leaves are said to reduce swellings. In the medical world it is beginning to be used in diseases of the mucous membranes."

I am glad to tell the readers of the California Medical Journal that by this fall my friend J. U. Lloyd will have this drug added to his list of Specific Medicines.

OUR MATCHLESS CLIMATE.

By J. A. Munk, M.D., Los Angeles, Cal.

The winter season is the time of year when eastern tourists pour into Southern California and the rush is now on. This army of health seekers and sight seers brings additional wealth and an increased population each year. Those who come once usually come again and many come to stay. That this should be so is not strange, as the fame of Southern California has gone abroad and people flock here from every direction to ascertain for themselves if what they have heard is really true. When they see that half has not been told and that things are even better than has been described, they are inclined to blame themselves for not finding out about it sooner. Since learning that the summer weather is even better than the winter brand, the invasion of tourists has become a continuous performance that lasts during the entire year.

There is, perhaps, no other place on earth where more people gather to seek health and pleasure than in Los Angeles. If any one wants to see his friends, let him live in this city. People from everywhere come here and among them are sure to be some of your friends, who are certain to look you up. If you want to hide out and not be seen, Los Angeles is a poor place to come to. It is impossible to live here in seclusion in the limelight of the tourist throng, without being discovered. After staying here for a time the question of a permanent residence is easily settled, as any other place is no longer good enough to live in. The longer you live here the better you are apt to like it and nothing can pull you away; and the question which then concerns you most, is how to manage to stay the longest time on top of the ground.

Many changes have taken place here in recent years. For the past two decades people have been pouring into the country in a living stream of moving humanity; and values in real

estate have advanced in proportion. Large ranches that were purchased for twenty-five cents an acre back in the fifties have been segregated and sold in small tracts from \$500 to \$2000 an acre. From a village of 50,000 inhabitants in 1890 Los Angeles has grown into a city of 350,000 souls. This influx of population, for good reasons, is bound to continue until the city reaches from the mountains to the sea.

Great enterprises involving many millions of dollars are either now under way or already completed. \$25,000,000 are being spent on the Owens River Aqueduct, which will bring a river of pure mountain water, 240 miles across the desert, into Los Angeles. The work is far advanced and will be finished in three years. \$3,500,000 more are being put into good roads by the county, which does not include the city, as the latter looks after its own streets. \$4,000,000 made the sea wall of the San Pedro Harbor, which is the Port of Los Angeles; and as much more will go into additional harbor improvements and the building and manning of defensive fortifications. These are only a few of the larger projects that are already assured facts. If any one imagines that this is a slow, manana town, let him take a look about and rub his own sleepy eyes in wonder at the sight of the marvelous improvements which are everywhere in progress.

The climate on the littoral of Southern California is wonderfully even and mild and free of all unpleasant extremes. It is both sedative and tonic—sedative because of its low altitude of about sea level and freedom from all disagreeable features that could cause discomfort or disturb the nerves; and tonic because of the cool, bracing sea breeze which blows off the salt water of the Pacific Ocean. The weather is rarely uncomfortably hot, and then only for a brief period of time, and is never extremely cold, but is usually just right to be pleasant and invigorating to the average person. As has been remarked on other occasions, the climate is really more cold than hot, because of its proximity to the sea. Anyone not actively engaged may at times experience some unpleasant chilly sensations; and a little fire morning and evening often feels good.

During the early days, when the people of this country lived the simple life, the houses were not heated and were usually built without chimneys. The outdoor life gave the people good, warm blood that did not feel a little cold. Now every house is provided with some kind of means for supplying heat. A little fire in the stove or grate of the home removes any damp or chill from the atmosphere on a cool day; but large furnaces and furnace fires are only used in big buildings.

Another feature of the country is the growing of chile, or red pepper, and its use in seasoning Spanish dinners. It

forms a part of nearly every dish served, is relished by the cultivated taste and is found to be both palatable and wholesome as a stimulant and an efficient aid to digestion. The savory Spanish dishes of chile con carne, tamales, frijoles, enchiladas, etc., are enough to tempt the palate of an epicure. They are much in vogue among all classes, are adapted to the climate and fill a long-felt want.

The rainy season is in winter and the average annual rainfall in Los Angeles is about fifteen inches. The rain usually comes in a quiet, gentle shower and without wind, lightning or thunder. There is seldom any wind stronger than the gentle sea breeze, and thunder and lightning are of such rare occurrence that they are a curiosity and cause much comment. It does not rain every day, but after a downpour there will be a week or two of clear, balmy weather. The rain is welcome, as it is needed for the growth of vegetation and to replenish the water supply, but is not favorable for sightseeing.

During the summer it never rains and every day is picnic weather. The mornings are cloudy and calm, with a clear sky and a cool sea breeze in the afternoon. If the sun seems to feel a little bit hot, by stepping into the shade or indoors the temperatures is found to be cool and comfortable. In the cool sea breeze the hot rays of the sun are neutralized and the orb of day gives no uncomfortable sensation of heat. The nights are always cool and blankets are in demand for sleeping every night in the year.

Houses in California should all be built two or more stories high. There are many one-story cottages, with no stairs to climb, that make convenient and comfortable homes, but in hot weather the heat is more noticeable than it is in a two-story building. When the sun beats hot on the roof the rooms immediately beneath become uncomfortably warm during a portion of the day. In a two-story house the upper rooms are also warm, but the rooms on the first floor, especially those on the north side of the house, are always cool in summer, as well as in winter and afford a pleasant retreat from any hot wave. The periods of hot weather, when they do happen, are of such brief duration that there is not time enough for the heat to penetrate through into the interior of the house.

The climate is continually pleasant and suited to all classes of people. It is a paradise for children and a haven of rest for the aged. The pleasant weather makes it possible for children to play out of doors in comfort almost every day in the year. There is never any severe spell of weather, either of heat or cold, wind or rain. No sudden or severe changes in the weather ever occur to try the endurance of the aged, sick or feeble folk, which so frequently are the cause of sickness

and death in other countries. More people suffer from winter cold than from summer heat and feel the cold more and more with every passing year, until the dread of cold weather haunts like a nightmare. Here this is all changed and cold weather never causes any fear or dread, nor does it ever have to be considered as a serious factor of life. If not entirely forgotten the disagreeable experiences of the past linger only in memory.

Climate, like every other good thing (as, for instance, health or wealth), is never fully appreciated until it is lost. Like eating too much sugar, it is apt to cloy the taste by a surfeit. It is sometimes beneficial to break the monotony of sameness, even if it be ever so good, by making a change. If it has no other effect it will help to show what a good thing you have in your possession and aids in strengthening the desire to retain it. This, at least, is the effect that a change usually has on any misguided soul from his southland who, in a fit of temporary insanity, strays away from home in search of something better, or who is compelled to leave from force of circumstances. After wandering about over the earth seeking something that does not exist, he finally comes to himself and returns home satisfied with his lot. He has had a vision and is now contented to live forever more, if that were possible, in the best country and climate on the face of the earth.

THE DAWN OF A NEW MEDICAL ERA.

By James Beard, M.D., Los Angeles, Cal.

Read before the Los Angeles County Eclectic Medical Society.

Mr. President and Gentlemen:

We live in an age of unrest, in a time of questioning and doubting; the age of faith, hope and trust is being superceded by scepticism and scientific experiment, which give men clear conceptions of the facts of life and truth as revealed to us through natural immutable law. Men no longer accept the statement of sacred books without question. Neither do the people take the opinions of their medical advisors with such faith and trust as was once the case. Doubt is in the air we breathe.

The religious faiths and beliefs of our fore-fathers have undergone such radical changes within the last fifty years that Martin Luther and John Calvin would not recognize their own religion were they in the world today. Even the Salvation Army is changing its attitude toward Hell and the Devil. And medical men are no longer intolerant toward each other, but

will actually speak in a friendly manner when they meet in the street.

But it was not always thus, for I remember when an allopath would not walk on the same side of the street with a homeopathic or an eclectic; but things are changing in the medical world as well as the churches, and I predict even greater changes in the next twenty years in religious, political and medical thought, than has ever occurred before in the history of man.

He who has a mind that is not amenable to truth from any source is no better than a fossil that is buried in the bowels of the earth. Alas, I fear fossilized minds are to be found in every walk of life: In the churches, at the head of our educational institutions, in politics, in—well, I was about to say that they may even be found in medical colleges—I mean of course all except the California Eclectic Medical College.

And maybe, if we could only apply the pertinent words of the great Scotch poet, could we see ourselves as others see us. we might find a few fossils clinging to the cortex of our own brains. But if we find them there let us pluck them off, for they are unsightly on the brain of an eclectic. If your mind is not in harmony with the lofty, liberal and progressive spirit which inspired the fathers of our school, then go at once to the mental adjuster and have your mind and heart attuned to the progressive spirit of the age, and prepare for the new Medical Era, which is near at hand. Oh, so near is it that it is with us now, only we are blind to the signs of the times.

See ye not, O men of science, that the people are losing faith in your present methods of treating the sick. Don't you see the Christian Science healer come close to your office and actually take your patients from you? Then we have the church psychotherapy to contend with, as well as many other methods of treating the sick. Now if the people were satisfied with existing medical practice, the hundred and one fakers now reaping a rich harvest from an ignorant and suffering humanity could not, and would not, succeed. But the faker seems to get the confidence of many guileless people, and enriches himself. For this condition of things medical men themselves are solely responsible.

Today the healing art is divided into two different and distinct classes, the psychotherapy or drugless treatment, and the medical profession.

The drugless healers meet with some degree of success, but notwithstanding all this, patients die when the vital power stored up in the nervous system becomes exhausted.

What I am about to say may be resented by you learned gentlemen, but I believe it to be a fact, nevertheless. I am

well aware that medical men and many others in the healing business claim that they cure disease, but I most respectfully submit neither medical men nor any other person engaged in the healing art ever cured a disease in this world.

I contend that the healing power is in your patient and not in the drug or the means employed, and the recognition of this fact is to be the keynote of the future of medicine.

To illustrate my point, we shall take, if you please, 30 drops of ipecac and administer it to a healthy living stomach, and in a short time we shall see that stomach eject its contents. This has been done through the depressing and irritating influence of the drug upon that great fly wheel of the heart, the pneumogastric nerve. Now this same phenomenon may be produced by the motion of a ship, or indeed in some sensitive individuals by a disgusting sight. Think you how much ipecac it would take to act in the same way upon a lifeless stomach, when the vital power on which the vomiting depends is gone.

The point is so self-evident that argument is unnecessary. Now what is true of the emetic is also true of every remedy that has been administered to the sick, be it medicine or a mental impression made upon the mind through suggestion.

The truth is that the power and influence of the mind and the vitalizing potency of hope and faith in the cure of diseases has been almost entirely overlooked by medical men in the past. And as a consequence unqualified persons are making such headway upon the work of the qualified practitioner that the outlook for the medical profession at this hour is serious.

Gentlemen, the time has come for earnest thought and sincere reflection upon this subject of mind cure. It is too late in the day to cry humbug and fakerism. The people believe in mind cure and other methods of healing without drugs, and it is the duty of the medical profession to investigate the merits of these claims in favor of psychotherapy in the interest of truth and suffering humanity and see if they will stand the scientific test.

We all know the wonderful influence that hopeful thoughts have upon our patients, but I question if medical men really understand the physiological action of hopeful thoughts upon the body. But when we have learned that the pneumogastric nerve is the hope center of the organism we at once realize the great influence of hope-inspiring thoughts upon our patients. And all the cures made by mental healers of this age, including Christian Science, are done through the vagus nerve, which as you know, controls the heart and respiratory organs and digestive system.

How very important then that medical men should have a clear idea of psychology and the creative powers of suggestive

therapeutics. The day is not far distant when every medical college will have a chair of psychology and suggestive therapeutics, and I most respectfully submit a suggestion to the dean of the California Eclectic Medical College to install a chair of psychology, which includes suggestive therapeutics, as part of the medical education of those who are now preparing themselves to take the field of practice in the future. For no man is qualified to heal the sick who is ignorant of the psychological man and the constructive and destructive power of thought upon the human body.

Neurasthenia is the disease of the age, and sexual insanity is a disease which has not found its place amongst mental and nervous diseases. But let me tell you that sexual insanity is more prevalent than many doctors are aware. We have a good example of this disease in the man Thaw, who shot to death Stanford White in New York. Both these men were afflicted with sexual insanity. In this day and age few men are sexually normal and a lesser number of women. This deplorable condition of our race is something over which the wise may weep. For, alas, what is the coming race likely to be if the law of heredity is a fact in nature? These are the problems that the doctor of the future will have to solve, and I know no school of medicine better equipped to lead the way in psycho-therapy than the Eclectic School that is as broad in its foundation, and as profound in its conception of medical truths, as the universe. The Eclectic Medical School, as I understand it, is not corralled as other medical schools are, because it embodies all the good of other schools of medicine and has the accumulated wisdom which comes to all liberal and truth loving people.

The Eclectic physician's mind is ever on the alert and is ready and willing at all times to consider any line of treatment which seems to contain a grain of truth. He has one fault, however, if indeed such a God-like characteristic can be so called. He is too modest, he is not aggressive enough, he is not as enthusiastic as he should be, he seems to forget that he has the colors of medical science and medical freedom upon his shoulders, and that the word Eclectic is written in golden letters across the flag that stands for liberty, truth and equality.

Gentlemen, I feel that the hour has come for a revival in medical sciences; the time is at hand for a more aggressive attitude on the part of the Eclectic School. You know you are the custodians of medical truths which are not to be found in other schools, and you know, or should know, your moral and sacred duty to humanity to let your light so shine in the darkness as to lighten the path for those who have to follow you. Let us put our little disagreements to one side, and become

a united people working for medical truth and progress, for which Eclecticism stands.

Were I to give vent to the promptings of my heart and express what is active in my mind at this moment, I might say more than the wisdom of the hour would sanction, but in conclusion I wish to say that I stand for all that the Eclectic School of Medicine represents, and I tell you here and now that there is no other medical sect or creed in all this glorious country under whose wings I wish to hide my hoary head. I have met a few Eclectics in this state who say that Eclecticism is dead and that the American Medical Association has its body in the dissecting room. Be that as it may, the American Medical Association will never have me, dead or alive.

Eclectics of America, and those of California in particular, I appeal to you at this crucial hour to remember the fathers of Eclecticism and what they suffered in the early history of our schools. Remember, too, what they endured for the glorious truths and freedom which they left for us to enjoy and benefit by—and for what? According to some Eclectics to be absorbed and annihilated by a system of medical practice which the founders of our schools abhorred and distrusted with their whole heart and soul.

Awake, O men of medical science, and realize the full force and meaning of your responsibilities to the Eclectic School and humanity, and remember the men who bequeathed to you the knowledge and freedom which is yours today. Stand pat for your schools and don't be hoodwinked in to joining hands with any majority. I would rather stand alone in water to my neck until it became a frozen mass around my throat when I knew I had truth on my side, than to be seated on a royal throne surrounded by men of wealth who cared nothing for principles nor for truth. That I would, ten thousand times!

Let us stand by our colors and the principles of Eclecticism and proclaim to the world the great eternal truths of specific medication, and that medicine is a science. The midnight hour of medical empiricism is past, the dawn is here, the morning star can be seen by those who have eyes to see. The sunshine of a new and a better day for medical science and humanity may be seen reflected on the summit of the highest mountains, and when the medical world shall have more light to see and understand life, health and disease as it really is, then indeed, will psycho-therapy be united with medicine as the guardian angel directing our medicine to the place where it is needed in the human body, and medical men shall rejoice over the glorious results.

SOME ECLECTIC HISTORY (Continued.)

By O. S. Laws, Los Angeles, Cal.

On Monday following the lecture mentioned in the November number of this Journal a tall, lean-looking man named Morton, called at my boarding place to consult me regarding his long-standing ailments. He had heard the lecture and it revived a hope for some relief in his seemingly hopeless case.

This seemed like business to me on short notice. He was about forty-five and had been an invalid about ten years. His history showed that he had had typhoid fever in Louisville ten years before the time he saw me and, although he recovered, "the fever fell in his left side." This expression was common in those days, when people were left crippled by some disease or by the doctor that treated them. He could walk by the help of a cane but could do no work or ride on horseback. He had not perspired on the left side noticeably for ten years, and was very "sore" just below the ribs on that side. He said he was a poor man and had spent considerable time and money among the doctors without benefit, and had given up, but if I wanted to try on the "no cure no pay" plan he would give me a chance.

The case looked hopeful from an electrical standpoint, and I offered to make the trial for \$50. He said \$30 would be as much as he would be able to pay and, as he struck me as an honest man whose word was good as his bond, and as a dollar in those days for board and laundry work was worth at least four dollars now, I accepted the offer.

He was to come to my room once a day for treatment. He got the first treatment that day for thirty minutes. I found the left side very dry, and low down above the hip so sensitive that the mildest current was painful. I followed Dr. Page's rule by placing the negative pole under the feet and passing the positive through a wet sponge held in my hand, up and down the spine, and extensively on the left side. Free and frequent applications of salt water were used by the patient at home. No medicine was used at all in the case.

The next day gave us a surprise. Before the thirty minutes had passed in the treatment the sweat stood in great drops all over his left side, and from that on it perspired as freely as the other side. The treatment continued daily until the soreness faded away in the left side (about two weeks), after that twice a week for two weeks, and then he pronounced himself a well man. He soon fattened up and paid me cheerfully and wanted to give me a testimonial.

My second patient, George W., called a few days later than Mr. Morton. He was a farmer thirty-seven years old.

He did not hear the lecture, but heard of it. He was another hopeless invalid, having been treated by several near-by doctors with no benefit. He wanted the same terms as the other man and I consented for \$50 to take the chances, as his was also an electrical case. Two years before that he had overworked himself in the barn forking hay into the loft. He had naturally a short thick neck, but the overtaking work in the heat and dust caused such irritation that his neck seemed about as large as his head, and when he presented himself for treatment he could not turn his head the least bit without turning the shoulders also. It had become indurated and sensitive as a boil, involving the entire scalp. The doctors had no name or remedy for the case. As I was then treating conditions, as I am now, no name was needed. No medicine was given. Once a day for thirty minutes I applied the sponge in the positive pole on the entire scalp and neck, but so mild that it could scarcely be felt. The negative was under the foot usually, but sometimes held in the hands alternately. Good results were soon apparent, the soreness slowly grew less and the stiffness yielded when strong currents could be borne. After about two weeks he came less often but continued until he was able to work on his farm, and never grumbled at my claim for pay. He made a good hand in the following harvest.

My third patient, and the only other one that I ever treated on the insurance plan, will have to wait for another paper.

GERANIUM MACULATUM.

By W. Leming, M. D., Lexington, Ky.

Report of Eclectic League for Drug Research.

Specific Indications:—Sub-acute and chronic catarrhal states, and mucous fluxes, with great relaxation, and tendency to ulceration.

Dr. Scudder recommended Geranium in all conditions where large quantities of tannic or gallic acids were beneficial, this drug being a pleasant form in which to administer them. He named such diseases as haematuria, catarrhal gastritis, leucorrhoea, aphthae, menorrhagia, gleet, salivation diarrhoea, night-sweats, ophthalmia, chronic pharyngeal catarrh, indolent ulcers, and incipient phthisis as benefited by its use. It has been mentioned as a remedy in Bright's Disease combined with such drugs as Aletris Farinosa, and in gleet and leucorrhoea, with Berberin Hydrochlorate, Sanguinaria and like drugs.

There seems to be a more specific action of Geranium which has not been fully outlined. This is its action in gastrointestinal diseases where ulceration, cancer of the stomach,

chronic hypertrophic hepatitis and other serious lesions have been diagnosed. Geranium undoubtedly exerts an anodyne effect in certain diseases of the digestive organs associated with catarrhal hyperaemia and a tendency to ulceration, if the latter has not already taken place.

Dr. Ellingwood writes, "You may say for me that I am sure it has a much wider field than that of a simple tonic astringent, and I believe that our recent observations will bear us out in that." He states that he has accomplished such marked relief in cases where really little was expected from any remedy, that he has come to look upon it as possessing properties worthy of investigation. He says that in ulceration of the stomach it certainly has a marvelous influence.

Reports of the cure of piles have been received, a decoction being injected into the rectum or, an ointment applied locally.

Dr. Eli G. Jones, beside confirming many of the previously mentioned facts, lauds it in the cough of old people, with accumulation of mucous on the fauces, constant hawking and spitting, etc. He uses it here in the 1 x trit., doses of 2 to 4 grains.

Dr. Herbert T. Webster reports, "I had been treating a case of pulmonary tuberculosis which, for several months before I saw it, was afflicted with a stubborn and profuse coliquative diarrhoea which nothing administered would control. I tried several remedies without influencing the condition at all, but after two weeks of trial, gave Geranium which controlled it permanently as long as the case remained under observation." Leaving for a vacation, he lost control of the case but the promptness in action of the remedy surprised him. The final outcome is unknown.

Shoemaker regarded it as a valuable restorative in the treatment of Incipient Phthisis.

In 1893 Dr. Thornton of Topeka reported Geranium as a special cancer cure in a case with obscure stomach symptoms seemingly indicative. Physicians said the patient would not live six weeks but, on dram doses of the drug three times daily, lived four years without irritation or constipation. Later, obstruction of the bowels appeared when operation prolonged life sixteen months more. (Ellingwood's Therapeutist, Aug. '09.)

Dr. Frank Webb of Connecticut, in the September Gleaner, reports the cure of three cases of nasal polypus with Geranium, injecting 30 drops into the mass and warning the patient that an inflammation would set up to subside in a few days. In all cases the polypi have shriveled up and come away without return.

Report for December, Rhus Toxicodendron; January, Conium; February, Sanguinaria. Reports are solicited.

ABDOMINAL PALPATION.

By Dr. O. C. Welbourn, Los Angeles.

Read Before the Southern California Eclectic Medical Association.

In his present state of existence the human animal possesses five senses. By means of these he is in contact with his environment as well as with other beings of his kind. Through these five senses men hold intercourse with each other, though it is quite feasible to do so with four of them useless, if the remaining one be the sense of touch. A person thus constructed always excites a feeling of profound pity in the beholder for it is considered that he carries an overwhelming handicap in the struggle of life. However, might it not be that these special senses of ours are really limitations? Might we not comprehend things now to us unthinkable if we were devoid of sight, if we were devoid of hearing? There are animals possessing neither of these senses, but yet they are more conscious of their surroundings than we are of ours.

For the present let us assume that we are devoid of both of these senses, and for a few minutes discuss abdominal diagnosis. Let us utilize our *tactus eruditus* for once and note a few of the things observed.

The patient is nude and lying upon the examination table. We approach and place our hands upon the abdomen. The sex is determined at once without hesitation. The texture and condition of the skin will reveal the probable age of the person, as well as the condition of servitude. By it we may also feel the faulty elimination of the skin, the kidneys and the bowels, as well as the function peculiar to itself. The striae from a previous distention of the abdomen from pregnancy or other cause may be determined and differentiated from varicose veins.

The contour of the skin is also the contour of the body, and abdominal distortions are as apparent as if seen by the eye. The position and character of the osseous boundaries of the abdomen reveal the probable positions of its viscera. The quantity of adipose tissue is determined and the rapidity of its increase or decrease is estimated. Deep palpation may reveal tender areas by the contraction of the overlying abdominal muscles, or it may reveal substances foreign to the abdominal cavity. Ascitic fluid can be differentiated from that confined within a circumscribing wall; likewise a distended gall bladder from a distended kidney and a cystic tumor from an appendiceal abscess. A solid tumor of the right kidney does not feel like an hypertrophy of the right lobe of the liver, neither does a like condition of the left kidney feel like an

hypertrophied spleen. A cancer of the pylorus is not the same thing as retained gall stones, or an impacted transverse colon, and it does not feel like either. In the female pelvis we may have a pus tube, an ovarian cyst and a tubal pregnancy in the same region, and we differentiate one from the others by our sense of touch. An erosion of the os uteri does not feel like a carcinoma, and a uterus containing a submucous fibroid does not feel like a pregnancy. By this means we determine in abdominal hernia the strength of its surrounding walls and the character of its contents. In aneurism and similar diseases it is our most reliable diagnostic method.

In a word, palpation is the most valuable diagnostic method that we have in abdominal work. It is always a great help, and in some conditions it is our only source of information.

ALTITUDE.

By B. N. Childs, M. D., Adin, California.

I expected to attend the State Meeting on May 25th, but find on account of business matters it will be impossible, but will report a few cases that may be of interest.

For the last eighteen months I have been practicing medicine in the high plateaus of northeastern California. The elevation ranges from 4000 to 6000 feet, with atmospheric conditions in winter cold and dry—the thermometer registering from 50 degrees above to 10 degrees below, the hygrometer from 10 to 30. In summer it is warm and dry, the thermometer ranging from 60 to 90 degrees. The hygrometer registers 0 most of the time with an occasional drop to 10 or 15.

It is a most delightful and beneficial climate for incipient tuberculosis. In fact I am familiar with several cases that came here suffering from the first stages of the disease that are now entirely cured. One, a lady that came here twenty years ago from Chico, California, suffering from severe hemorrhages, is now a well woman. Patients who are in the more advanced stages and have cardiac complications rapidly fail, owing to the high elevation.

One-third of all my general patients suffer from dyspnoea, slight palpitation of the heart, with ringing and buzzing in the ears, due to the altitude. A lady patient that I had been treating a number of months for dyspnoea, stated that when she was washing clothes and the room became full of steam she was greatly relieved. Often she would sprinkle her porch and kitchen with the garden hose when very dry, and obtain relief at once. At my next visit I took a steam atomizer, and had her inhale the cool salt steam, as I had previously filled the container with a saline solution. After a few moments

the lady exclaimed that her shortness of breath had disappeared, and insisted that I leave her the "fog horn," as she called the atomizer.

Since then I have made a practice of prescribing an atomizer for all patients afflicted with shortness of breath due to altitude. If one has never seen a patient suffering from the effects of too high an altitude, it would astonish them to note the depleted condition that takes place during a few days of the trouble.

I actually believe that the depression and exhaustion that overcomes mountain climbers, after reaching an extreme elevation, would be greatly ameliorated if not absolutely relieved by the use of an atomizer. It seems to be the lack of moisture in the rarified air that produces the distressing symptoms.

Would like to see an article by Dr. Munk on altitudes.

The first three or four obstetrical cases that I attended, I remarked to the nurse that it seemed to be my luck to have retained placentas. "Not at all, Doctor," she said, "I used to consider myself quite a success as a mid-wife in the lower country, but since coming here had to give up the business; as in most every case I had to call a physician to deliver the after-birth."

I did not think much of her remarks at the time, as I concluded she did not understand delivering placentas anyway.

At my next confinement I found the patient to be a strong, robust woman, mother of several children. "Doctor," she said, "I did not call you for the confinement, but to deliver the after-birth." And such proved to be the case, as the confinement was normal. After the child was delivered, I used the Crede method for the expulsion of the placenta, but could obtain no uterine contractions. I then had to insert my hand into the uterus and deliver the placenta.

Since then I have observed that in almost nine out of ten cases the placenta will remain indefinitely in the uterus unless manually removed. In no case did I find an adherent placenta. I called them retained, but really all that retained them was lack of uterine contractions to expel them. One would naturally infer that such conditions would predispose to excessive hemorrhages, but such has not proven the case. It may not seem probable, but I am inclined to believe that altitude has something to do with this condition.

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DIETETICS.

By Q. A. R. Holton, M. D., Whittier, Cal.

"Too many cooks spoil the broth," is an old adage and its application in the teaching of Dietetics is apparent. There are a multitude of teachers of all shades promulgating many isms, fads and theories. Every magazine, periodical and paper has its health editor. About every other man or woman you mention diet to, will set in at once to proselyte you to some pet fad. And every manufacturer of ready made foods will give you enough literature on the subject, free, to set you up as a Professor of Diet and Health in any Medical College and direct you on to the plain road to "Wellville" provided you eat their foods. Well, many of these faddists have a moiety of truth around which they build up a fabric of fancies and, like the few loaves and fishes that fed a multitude they expand and magnify the little grain of truth until in their zeal and enthusiasm it seems to them to fill the whole Dietetic field.

But, alas, many of these enthusiasts have trouble under their own belts like the baldheaded man with the infallible hair tonic. A strange thing about this medley maze of dietetic knowledge (?) is that M. D.'s are as much at variance as the laity. One advises wine and other alcoholics as valuable aids to digestion, another condemns them and insists on total abstinence. Tea, coffee and condiments are lauded or condemned as the whim of the doctor may dictate. Meat or no meat is a mooted question with plenty of champions on both sides. Stuffing and starving each has its advocates. Truly our pot of dietetic broth is a veritable hodge podge.

However, our variances may sometimes be accounted for, for instance the doctor who is fond of morning cock-tail is more likely to observe the value of alcoholics as a food than others do, while the total abstainer recommends the same course to his patients. The doctor with the double chin and a gastronomic protuberance is apt to be an advocate of a generous diet, while Doctor Slim Lankjaw is liable to judge others by his own weak digestion and recommend abstemiousness. Doctor Gustatory is slow to see the ills charged to roast beef and rarebits till he has a lively bout with the gout. Doctor Nicotin who loves to occupy the posterior third of an ample cigar is dull in the diagnosis of tobacco heart. Thus habit or desire is too often father of our opinions. But, in spite of this chaotic appearance of dietetic science the profession has forged ahead in the last few years and established some well defined facts which serve as landmarks to the wayfarer. We now know that typhoid, cholera and many other bowel diseases

are caused by germ laden food or drink and hence are easily preventable and may be stamped out. We know that parasitic diseases of bowels and other internal organs are caused by introduction through food or drink of the eggs of this parasite; and that raw or rare cooked meats and other foods are the usual vehicles for their introduction. We know that a large majority of liver diseases are caused by the encroachment of disease Bacteria from the bowels and that many cases can be cured and nearly all prevented by proper diet which includes articles containing the lactic acid ferments and acid fruits.

We know that premature senility and even old age may be thrust back many years by keeping a clean active healthy alimentary canal. And we know that to keep such a condition of the canal the excessive use of protein food must be avoided—that the simple life is the sane life.

CHANGE OF LIFE—TURN OF LIFE—CRITICAL PERIOD.

By E. Mather, M.D., LL.D., Detroit, Mich.

There are millions of women in the United States undergoing the change of life; and this number is annually kept up by fresh recruits; so that we have at all times the same or larger number.

The importance of the period, the history of suffering endured, cannot be approximated; neither have its diseases been adequately investigated.

Now the terms, change of life, turn of life, critical period, etc., are understood to mean a period of life beginning with those irregularities which precede the last appearance of the menstrual flow, and ending with the resettlement of health on a new basis.

Now this is usually divided into a premonitory period, the actual stoppage or cessation of the flow, and the adaptation of the system to the change.

The first indication of failure of ovarian energy is irregularity. When the failure is complete, perfect cessation results. Although termed a critical period, it is not to be deemed fatal, if the patient's system is healthy. It is a gradual change, leading to better or worse; to complete recovery more frequently than to death.

The streams of life, instead of flowing on in a smooth, tranquil current from the cradle to the grave are marked by rapids or milestones which are critical, metamorphic, or developing epochs. Seven, fourteen, twenty-one are clearly and distinctly written on the first part of life; Forty-two, Forty-nine

and Sixty-three are less deeply cut, but are distinctly visible in the later period of life.

The periods are characterized by important changes which give a peculiar aspect to the physiognomy of the human body and impart a family likeness to the diseases of epochs justly deemed critical in which one or several organs of the body undergo changes.

The object of each critical change in our bodies is to insure the greatest amount of health for each subsequent period of life. This object, if the vital forces are of average strength, is effected quickly, but if there be debility or disease, then there is more or less disturbance according to the degree or intensity of that state.

Now we find the critical changes of dentition and puberty are frequently brought about without any disturbances or ill health. Nevertheless, they are often followed by debility. At critical periods the activity of important apparatus may be too powerful and disturb other organs, or too feeble to react on others. When the energy of the preponderance-seeking organ is above or below normal, poor health may follow. Now with regard to the influence of critical periods of life, the second dentition influences both sexes alike; in the same way puberty is common to both; but the impulse given to the constitution of man by the perfect development of the sexual apparatus is in general fully effective and all sufficient to insure its permanent activity until extreme old age. Whereas, in woman it will be found the crisis is very often delayed or perverted, and even when puberty has been fully and effectively established, the health of woman is dependent on those oscillations of vital forces, which render it most uncertain. The chemical activities of a woman, cause her to mature early; the inertia of man's nature renders him slow, late in maturity; the same inherent qualities of sex give woman an early change. Man's change is delayed (if not too early precocious) till a good old age, he being capable of begetting children to seventy or eighty, whereas, the moment a woman changes femininity ceases; yet it is very true that children begot by very old men are of feeble vitality. Although most women are found to change at forty-five, forty-seven or forty-nine years of age, it does not follow that sexual appetite is extinct.

Sexual congress may not be enjoyed by some, whereas others never have a warmth of feeling until the change of life takes place. The large proportion of women, where cessation takes place, become callous, indifferent, lose their sexual vivacity and vigor.

Menstruation, healthy or morbid, marriage, pregnancy,

parturition, and lactation are critical eventualities in a woman's life, removing some complaints giving greater activity to others and when after lasting thirty years, the action of the reproductive organs is being withdrawn from the system, then there arises a series of beautifully adapted critical movements the object of which is to endow a healthy woman with a greater degree of strength than that which she had previously enjoyed.

Now this will not occur if there are disease germs lurking in her system such as cancer, tuberculae, syphilis; then the seeds of those germs, when vital force is low, are liable to become active and destructive because the very essential of the change, debility brings them into active growth and causes them to locate and grow in the very organs in which the change is progressing.

The change here stimulates their growth; imparts to them fresh activity, so as a rule, it is at this very period we meet with the greatest proportion of cases of cancer of the womb, rectum, bowels and breast and other tumors.

The change of life is only critical to the diseased. It is only they that need fear the crisis, By the healthy, by those who live according to natural laws, eat healthful foods, avoid balls, tight lacing, damp houses, bad literature and sedentary occupations, nothing is to be feared. Still it is well to make no haphazard prediction, but if there is no disease, the process will not be critical. True the disease may be got rid of; if so it will mitigate the condition. The change does not cause disease, it detects it, brings it into active existence and causes an aggravation of it.

Thus, congestion of the womb, chronic inflammation of the ovary, etc., existing at the change, become excessive, and disease has little tendency to leave or become inactive or quiescent during the change.

Now here we find the critical nature of a period shown by its effects on the health in ensuing years. Thus, we find puberty is not only a crisis of most of the complaints of the preceding years, but it determines the health of the subsequent thirty-two years for good or evil.

Now in like manner, the change of life, if it can be consummated in a salutary manner, will influence the succeeding period, nay, it will govern the whole subsequent period of life. So here we can prognosticate, from the manner of the crises, whether the after-life shall be good or bad. For five years after a woman ceases tell their own tale in the great additional strength of constitution, the greater sanative change, the greater longevity of woman after the period, her less liability to disease and death, her very remarkable good health, and almost

total immunity from the general run of ailments render her last stage of existence a comfort and a blessing.

Now take from forty to fifty-five, it is a general period of invigoration for both sexes, a period in which the daily work of nutrition is very actively carried on in our bodies rendering them stronger, more vital, healthier, and thereby insuring a more perfect performance of all the functions, now here we find the change in man is carried on insensibly and worked out without disturbance. In woman the passage is often full of danger, if natural laws have been violated, but the very great improvement that follows the change is so salutary as to compensate for all the suffering.

Although the phenomena of the change of life are principally due to the withering of the ovaries and the suspension of their function, it is aided by and associated with other structural changes, which take place in both sexes, due to coming age, such as the ossification of the cranial bones, atrophy of the spleen and lymphatics, changes in bone, marrow degeneration of some from a smoothing down of Peyer's patches in the bowels and some shrinkage of the brain proper. Still after cessation a woman's constitution is entirely remodelled, she takes a new lease of life, decay and suffering has then less hold on her and she begins anew.

Now the importance of the change cannot be too highly rated, especially if easily passed for if it is accomplished without much disturbance, so will the future period be healthy, but if gone through with great suffering then we may expect the subsequent time to be one of long-continued misery, for it is a final settlement for good or for evil, and it may be reasonably entertained that if it does not excite the activity of some disease-germ in the body which previously existed there in a quiescent state and the violence of the change be not excessive, then it is reasonable to conclude from the very many thousands of pre-existing cases, that the rest of life will be passed in uninterrupted good health, and unusual longevity attained.

For the invigoration of the health which follows is often accompanied with a great improvement in personal appearance where the thin and emaciated become fat and comely, where the timid become bold and daring, while we find another class become masculine, and lose their feminine appearance; their cheek bones project, the skin loses its velvety feel, creases show themselves and stray hairs start on the upper lip and face, etc.

The effects of a suspension of ovarian action have a marked influence on all the emotions, desires, affections, passions, as well as on the brain proper, giving rise to debility, prostration, nervous irritability and confusion.

(To be continued.)

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Contributions, Exchanges, Books for Review and all other communications should be addressed to THE CALIFORNIA ECLECTIC MEDICAL JOURNAL, 818 Security Building, Los Angeles, California. Original Articles of interest to the profession are solicited. All rejected manuscripts will be returned to writers. No anonymous letters or discourteous communications will be printed. The editor is not responsible for the views of contributors.

ART AND SCIENCE OF MEDICINE.

It will be noticed that art is given precedence over science in the composition of the title to this article. This is done because for many centuries there was no science in medicine and also because even at the present time science avails so very little and art so very much. To be sure science is gaining, and in the opinion of some gaining very rapidly. It is even alleged that the accumulated observations of millions of practitioners extending back beyond the beginning of written history, is all trash and superstition, that such conclusions will not bear the light of logical research. The fact that the practice of medicine is not and never can be an exact science, and for that matter neither is religion nor law nor politics, disturbs the allegor not at all. To the mind of the writer we have gone mad over this one word science. And one of the symptoms of this madness is that every embryonic skeptic believes that he himself is a scientist and therefore an oracle of wisdom. The egotism of some of them in propounding their theories as demonstrated facts is astounding. It would be amusing were it not sad that these raucous utterances are frequently accepted as an evidence of brains by men of like mental caliber.

A man is a true scientist by reason of suitable brain forma-

tion and by the help of severe and protracted mental toil. He is never dogmatic in his assertions and is always considerate of the opinion of others; for many, many times he has disproved his own pet theories. He knows that his own work is frequently at fault, also that the science which he is pursuing so ardently has many boundaries and limitations. Such a man, by his experiments in the laboratory, is a great help to the practitioner. To be sure he cannot differentiate measles from small pox by laboratory means, but he willingly acknowledges as much and gives credit to the art of medicine accordingly. He will also tell you that he can establish the amount of starch that is in a potato or the amount of a certain fiber that is in a beefsteak, or the proportion of gluten in a loaf of bread; but that these do not establish their respective values as foods, other than in the direction of the one thing thus considered. A potato may have its quota of starch and still be soggy and unfit for food. A beefsteak may have its quota of fiber, fat, etc., and still be unfit for food, or possibly contain those obscure substances called ptomaine. And a loaf of bread may carry its full chemical value and still be rejected as unfit for food by the common consumer. In the estimation of each of the above the special senses are much more discriminating than a chemical analysis. For let it be understood that not alone does the presence or absence of a single substance, or even a group, establish nourishing qualities. Flavor, aroma, taste, looks, each and all, are a necessity in assimilative foods. This no one knows better than does our laboratory man whose mind is broad enough to comprehend the problem in its various directions.

The study of pathology and bacteriology are of absorbing interest and some importance, though not of such great importance as our Allopathic friends would have us believe. It is well that our colleges provide adequate laboratory work in pathology, for when the student develops into the practitioner he quickly discovers that the people care very little for post-mortem findings and the patient even less. He may listen quite patiently to an able discourse about his illness, but all the time he is debating in his own mind whether or not the speaker can cure him. The cure is the important thing to the patient. Bacteriological findings require a good deal of time by an experienced operator before they can be accepted as reliable, and as neither of these requisites can be found in the busy general practitioner it is better to employ the help of a specialist in this work. We use the word help advisedly, for after all the laboratory work has been done that can be done, in a doubtful case the diagnosis should be established by the clinical evidence. In reviewing the results of

two decades of bacteriological research we fail to see that much has been accomplished in the cure of disease. If we except anti-diphtheritic and anti-tetanic sera we can say most positively that the results have been negative. There is a great deal published in regular journals and advertisements about the efficacy of sera, vaccines, etc., and the necessity of the practitioner being up to date in his treatments, all of which catches the unwary. By looking carefully between the lines the reader of any leading regular periodical will see so little in it, that it soon will pass the way of all other fads.

The study of the chemistry of drugs is likewise of absorbing interest, and from the Eclectic point of view of the greatest importance. For untold ages diseases have been cured by means of drugs, and on this rock we erect our edifice. Electricity, massage and suggestion in its manifold forms are curative in selected cases, but the proper drug would beat each on its own ground. By chemical manipulation a drug may be broken up into its component parts, or to be more exact certain substances may be extracted. These substances have been designated as alkaloids, resins, etc., and each one may or may not partake of the properties of the whole drug. For instance morphine, codeine and heroin are all alkaloids of opium, but their properties are quite dissimilar to each other as well as to opium, and when all of the known alkaloids and other bodies of opium are combined we do not have opium either in its physical characteristics or remedial properties. Do not understand that we decry the important place occupied by one of these alkaloids, for our position is only this, that the crude drug contains peculiar properties of its own when left as combined by nature and that as such it has an incomparable place. And as a further example we might mention cinchona, nux vomica, hydrastis and digitalis. Each of the three former has tonic properties not found in one or all of their respective derivatives, and they should be used accordingly. As for digitalis we are all anxiously looking for a hypodermic preparation that will even approximate the efficiency of the whole drug. So far they have been treacherously unsatisfactory. It is our personal belief that nature's laboratory provides an abundance of efficient remedies to help nature cure any ill to which flesh is now or may become the heir. And it is quite immaterial to the argument whether we believe that thus it has been so provided by a beneficent creator or that we have adapted ourselves to the situation.

The successful use of the knowledge of remedies and drugs in the cure of diseases may be likened to the successful use of the knowledge of perspective and pigments in producing

a picture. In each instance the degree of success may be great or small, depending upon the amount of art rather than of science possessed by the worker.

THERAPEUTIC METHODS.

Lyman Watkins, M. D., Blanchester, Ohio.

There are many healing methods, and it may be conceded that there is more or less virtue in all of them. They, for the most part, consist in taking up some one feature of cure and, by its elaboration, excluding all the others.

Christian Science has its followers and its successes. Generally those who are benefited have no organic lesion, but are functionally awry in the nervous system, and are those in whom mental changes can be induced through the influence of other and stronger minds. But Christian Science does not cover all the ground of psycho-therapy, for it is not only the saint who can heal: his antithesis may do as well. Healing by mental impression is the oldest form of practice known and in the most ancient days many were cured by supplication to birds, beasts, the heavenly constellations and to idols. The underlying principle of psycho-therapy is suggestion, and it must be admitted that the mental attitude of the patient, if favorable, will assist in his recovery; his co-operation is of value. However, we must not forget that the patients' confidence is not always necessary. A fracture can be mended or a wound healed what ever be the mental attitude of the afflicted toward his physician. Faith will not heal a gunshot injury nor delay its healing. The contagia proceed upon the established course regardless of mental concepts.

While admitting the influence of the mind upon the body, we must not overlook the fact that bodily conditions have a correspondingly powerful effect upon the mind. A disordered stomach and liver may change the aspect of the world for the patient; a painful corn will distract the brightest intellect, and it is difficult to preserve a calm and retrospective attitude of mind when suffering from gastralgia.

Inherited abnormalities and acquired pathological conditions go far to influence mentality. We see this exemplified in individuals with adenoids, nasal defects, dental wrongs and visual aberrations. A correction of these troubles saves many from stupidity or criminality.

It is evident that those who become absorbed in the subject of mental impressions and their influence over the body lose sight of the equally obvious fact that the body has influences mentally. Psycho-therapy is a great science, and at

times works remarkable cures, but its devotees limit their usefulness by ignoring all else in the medical armamentarium, for, while we cannot eliminate the psychic element in practice, let us not overestimate.

Dr. Felter has faith in it for vascular engorgement of the pelvic viscera.

We all know it is the remedy for hemorrhoids. Every disease for which it has been recommended shows disturbance of the sympathetic either by direct or reflex irritation.

There are five remedies I often associate with collinsonia—*veratrum viride*, *hydrastis*, *phytolacca*, *echinacea* and *pulsatilla*.

Our indication for collinsonia is local venous engorgement of an organ of the body with a sense of weight, fullness, constriction, pressure, as of a foreign body in the parts, with deranged function.

Veratrum viride may be added where to the above there is fever or local inflammation.

Hydrastis when there is an unnatural mucous secretion more than the normal.

Phytolacca where the venous engorgement has existed for some time until the lymphatic glands are enlarged.

Echinacea where relief has not come until pus is forming.

Pulsatilla I often add where there is reflex irritation to some other organ.

Collinsonia, continued for several weeks' time, will relieve a great many pelvic conditions, where there is venous engorgement, providing the patient takes complete rest in bed, where otherwise surgery would be resorted to for relief. In such cases where surgery is necessary I believe collinsonia, continued for six weeks after the operation, will greatly aid the surgeon's efforts to restore normal circulation in the parts and to relieve the reflex nervous trouble which always exists.

I have used collinsonia in burns where the blood-vessels always show venous fullness; collinsonia internally, talcum powder where the burn is not deep; Mayer's ointment where the burn is deep. Mayer's ointment never sticks nor causes bleeding or pain, which is so severe when the dressing adheres. I believe collinsonia hastens recovery of burns. Collinsonia proves a good remedy in insanity, where the remedy is indicated for its effect on the sympathetic nerves.

In ulcers and varicose veins of the legs I use collinsonia for many weeks, day after day, keeping the ulcer covered with Mayer's ointment, so it does not stick in removing the dressing, using the proper bandaging. Collinsonia meets the same condition in varicocele. The subinvolted uterus and the ulcer-

ated cervix uteri are all benefited by the prolonged use of col-linsonia. The same indication is met in sexual irritation and masturbation of long standing, where tissues at the base of the bladder have become soggy. I always use Lloyd's specific medicine. The dose is given on the bottle, and I often use it in larger doses.

Electropathy has in recent years developed a usefulness beyond expectation, and those who become absorbed in its application are ready to assert that most human ills can be thus remedied. There is no doubt that the electric current, controlled by intelligence, has given amazing results in the scientific world, and it is also quite evident that some forms of bodily derangement can be relieved or cured by the expert manipulation of this mysterious force.

We would not in any way attempt to dampen the enthusiasm of those who make what seem extravagant claims in regard to the therapeutic possibilities of electricity, but while granting a full measure of usefulness to this form of healing we cannot admit that it covers the entire grounds of therapy.

Hydro-therapy, thermo-therapy, mechano-therapy, osteopathy, dietetics and all forms of drugless treatment, have their place; sero-therapy has its triumphs and Fletcher his followers. Time would fail me to discuss all the good points of these various forms of healing; they are all useful at times, and most of them, in one way or another are taken advantage of by the practitioner. They are, however, but parts of a complete system of medicine, and neither constitutes the whole.

It is characteristic of those who become wedded to any one of these special methods of cure to regard all else of little moment, and we frequently find that one specialist has no use for the ideas of another working along different lines.

While willing to concede virtue in drugless methods of cure, and being loath to dispense with any of them, yet we can see that a judicious combination of them all will accomplish more than either one alone, and there is really no necessity for conflict between them. But however excellent drugless healing may be, we cannot grant that in any or all of its forms it is sufficient for the cure of disease in its entirety. We believe that there is also a place for drug therapy in the rectification of pathological conditions.

The assertions that drugs are always harmful and never beneficial; that too much medicine is given; that the results of drug-giving are uncertain, largely guess-work and the product of an active imagination, do not coincide with the experience of many qualified men, both of the past and present.

There is, however, some truth in all the above statements.

That drugs are sometimes harmful is true. Metchnikoff asserts that no drug was ever given that did not injure cell protoplasm. But cell protoplasm is incessantly being injured and destroyed in the body. Wherever there is function there is cell destruction, and the continued existence of the body depends not so much upon the resistance of cell protoplasm to injury as upon its power to replace that which is destroyed. Cellular death is necessary to somatic life. A dose of castor oil may destroy cell protoplasm, but the resulting good far overcomes the harm done. The surgeon destroys cell protoplasm very largely at times but the saving of the patient's life by the operation justifies such destruction. So if the drugs do temporarily injure or even destroy cell protoplasm, the benefits accruing more than compensate. Metchnikoff's claims are a myth.

In regard to the second proposition, we are willing to agree that too much medicine has been given—is being taken. Perhaps too much is administered by physicians, and it is a fact that the public generally take too much medicine. The fortunes piled up by the patent medicine fakirs are sufficient evidence of this.

Much of the medical nihilism of today is due to the indiscriminate use of drugs without judgment or reason. The assertion that drug medication is harmful and the results largely imaginary is no doubt true in many instances. Uncertain and careless medication can never be anything else. We fully understand and sympathize with the physician who leaves his alma mater without a knowledge of drug medication. He is like an infant crying in the dark, lost and helpless, in trying situations. This confusion and lack of resource is due to the absence of a therapeutic education, and medical nihilism will be enforced until intelligent teaching dissipates it.

In the ranks of those who have been taught therapy in Eclectic schools there is a notable absence of perplexity and uncertainty in regard to drug action. The underlying principle of all science—namely, that other things being equal, like results follow like causes—is the foundation of specific medication, and this being true, we have a scientific ground work that places drug therapeutics upon a solid basis, uncertainty vanishes and the results are sure, effective and entirely independent of the imagination.

The present confusion in some directions in regard to drug therapeutics need not exist, does not exist, when the matter is fully understood. But study and observation are necessary, and, in addition to this, reliable remedies are essential. With an understanding of the principles of specific medication and with dependable drugs the study and uses of medicines is a

most comfortable occupation, effective and even at times fascinating. What profound satisfaction and elation it gives us to see the forces of disease retire before skilled medication; with what content and confidence we await the recovery of our patient, and how pleasant the results! It is gratifying to observe the efficacy of our drugs in those wracked with pain, in the sufferer shaken with fever, and in the depressed and troubled. The man of medicine goes on his way, without ostentation, carrying comfort and healing with him, easing pain, subduing fever and saving life, a blessing to his community, willingly giving up his own plans and pleasures and unselfishly devoting his life to his profession. How can it be said of him that he does more harm than good, and that his results are largely guess-work and imaginary? The good following a proper use of remedies cannot be overestimated.

First, let the narrow-minded and selfconceited nihilist excel the general practitioner in cures and good works. Let him sit by the bedside and bring ease to the agonized sufferer. Let him quiet the restless and subdue the raging fever. Let him pilot through the breakers his cases of typhoid, of pneumonia or the contagia. Let him show us thousands of cases restored to health without medicine. Then we will be ready to subscribe to his creed.

To administer remedies aright requires study and discrimination. Once learned, however, we are as secure upon our premises as are those whose trust is based upon any fundamental law. The confidence with which we can approach disease cannot be excelled. We know what to do and how to do it. The very spirit of the undertaking inspires confidence in our patients. Our remedies with their indications well learned, become instruments of precision in our hands, and we can be as accurate with them as the marksman with his rifle or the workman with his dies. True, there is much to learn, but we have already learned enough to know that nothing can surpass direct medication; also that indications, once learned, do not change and can be relied upon. We feel at home with our remedies, do not doubt them, do not fear them, and can accomplish results with them. We have many remedies already established and are adding to them others. This is a large field and will require years of investigation, but it is a pleasant and profitable pursuit.

The individual who attempts to practice medicine while declaring that medicines are useless and harmful has no right to append M.D. to his name. He is a fraud, and is sailing under false colors. He is not a doctor of medicine and should not attempt to conceal himself under the panoply of the profession. A physician's practice would be limited if it was generally

understood that he gave no medicine. The practice of medicine would be a barren and unproductive field with medicine eliminated. Then let those who decry the efficacy of drugs go their way. Let them turn from the bright and flowery path of medication and wander in the desert of nihilism. But never will the true Eclectic abandon his materia medica for the barren fields of hopeless agnosticism.—Eclectic Medical Journal.

SOCIETY CALENDAR.

National Eclectic Medical Association meets in Chicago, Ill., June, 1909. Dr G. W. Thompson, New York City, President; W. P. Best, M.D., Indianapolis, Ind., Secretary.

Eclectic Medical Society of the State of California, meets in Los Angeles, May, 1909. J. T. Farrar, M. D., Berkeley, Cal., President; J. Park Dougall, M.D., Douglas Bldg., Los Angeles, Secretary.

Southern California Eclectic Medical Association meets in Los Angeles in May, 1909. Q. A. R. Holton, M.D., Whittier President; M. Blanche Bolton, M.D., San Pedro, Secretary.

Los Angeles County Eclectic Medical Society meets at 8 p.m. on the first Tuesday of each month. Dr. L. A. Perce, Long Beach, Cal., President; Dr. P. M. Welbourn, 818 Security Building, Los Angeles, Secretary.

LOS ANGELES COUNTY ECLECTIC MEDICAL SOCIETY.

The regular meeting of the Los Angeles County Eclectic Medical Society was held on Tuesday evening, November 2nd, at 8:00, at the office of Doctor Munk. In the absence of the president Doctor Baird presided.

The paper for the evening was read by Doctor James Beard and was entitled, "The Dawn of a New Medical Era."

It was thoroughly discussed by the various members, the attendance being unusually large.

The next meeting will be on December 7th at the college and Doctor Munk will read a paper on "Diaphoretics versus Diuretics." It is to be hoped that there will be a good attendance as this will be the time for the regular election of officers for the ensuing year.

Adjournment.

P. M. WELBOURN, M.D., Secretary.

NEWS ITEMS.

Dr. E. R. Harvey, Long Beach, has a new Duro car.

Dr. J. B. Van Horn, Cincinnati, Ohio, has entered the army

as a first lieutenant and was assigned to duty at Ft. Mackenzie, Wyo.

Dr. and Mrs. J. F. Barberick and daughter from Boston, Mass., are spending the winter in this city.

The National Association of Pan-pathic Physicians meets in Chicago on November 24th. There will be a large meeting and supper at 8 p.m. on that date. All registered physicians can become members.

Dr. Mather, Detroit, says he is an Eclectic physician and thus defines his meaning: "What is an Eclectic? An Eclectic physician—one who professes to be liberal in views, independent of party, and who favors progress and reform in medicine—will use any means to ameliorate suffering and prolong life. Let every true Eclectic physician and surgeon be up and doing, and live up to what he should be."

Dr. O. C. Darling, Riverside, had an unusual accident recently. The Doctor cranked his machine and then, much to that gentleman's surprise, the machine ran over him and after many adventures ended in a ditch—a wreck. The doctor suffered only minor injuries.

Dr. M. Blanche Bolton, San Pedro, has disposed of her faithful horse and invested in an automobile.

Dr. L. A. Perce, Long Beach, was indisposed for a few days last month but has regained his usual good health.

All the students of the California Eclectic Medical College, with their wives and sweethearts, spent a day last week at the College Botanical Garden. It was a happy day and a jolly crowd.

Errata. On page 267, line 34 of the October issue "3iv of sassafras" should read "3iv of sassafras."

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WHY USE MORPHIA?

The practice of using morphia for simple pains and neuralgias of different varieties cannot be too strongly condemned. As these preparations afford speedy relief, it is taken for granted without any further consideration, that they are precisely what the condition requires, and patients fly to their physicians at all. Such persons, long before they recognize the fact, learn to rely unconsciously upon morphia for relief, without realizing that they thus slowly drift under its pernicious influence, and in a short time absolutely require the drug independently of the original condition which induced its use.

In almost all the cases of pain, perhaps, those of the gravest surgical character, the exhibition of one of the approved derivatives of the coal tar series will be found amply sufficient in its anodyne and analgesic character to obtund all of the pain symptoms. Indeed, it is a matter of record that in the celebrated case of Barry, treated by Dr. A. V. L. Brokaw, Professor of Anatomy and Surgery, Missouri Medical College, and Surgeon to St. John's Hospital, where a thoracic wound, thirteen and a half inches in length, penetrating the lung cavity was the feature, antikamna tablets were used for the relief of pain, and it is now becoming quite a proposition with the profession as to whether morphia is not to be driven almost entirely from the field, in the broad general sense which has so long marked its use.

A CONVENIENT CHLOROFORM PACKAGE.

Much interest is being manifested in the chloroform dropper-ampoule marketed by Parke, Davis & Co., and which, in the opinion of a good many physicians and surgeons, is the most convenient and practical chloroform package that has ever been introduced to the profession. The new device is at once a hermetically sealed container and a perfect dropping-bottle that can be carried about in the emergency bag at all times in readiness for immediate use. It supplies in portable form enough of the anesthetic for one service—about thirty grammes. The desirability of such an individual package and its superiority over the ordinary amber, cork-stoppered bottle heretofore supplied is appreciated when one remembers that chloroform in broken packages rapidly deteriorates under the influence of air and light and becomes contaminated with chlorine decomposition products.

The dropper-ampoule is, furthermore, a very economical package, as loss by evaporation, spilling of contents, and deter-

(Continued on page xlll)

A DELIGHTFUL REVELATION

The value of Senna as a laxative is well known to the medical profession, but to the physician accustomed to the ordinary senna preparations, the gentle yet efficient action of the pure laxative principles correctly obtained and scientifically combined with a pleasant aromatic syrup of California figs is a delightful revelation, and in order that the name of the laxative combination may be more fully descriptive of it, we have added to the name Syrup of Figs "and Elixir of Senna," so that its full title now is "**Syrup of Figs and Elixir of Senna.**"

It is the same pleasant, gentle laxative, however, which for many years past physicians have entrusted to domestic use because of its non-irritant and non-debilitating character, its wide range of usefulness and its freedom from every objectionable quality. It is well and generally known that the component parts of Syrup of Figs and Elixir of Senna are as follows:

Syrup of California Figs	75 parts
Aromatic Elixir of Senna, manufactured by our original	
method, known to the California Fig Syrup Co. only	25 parts

Its production satisfied the demand of the profession for an elegant pharmaceutical laxative of agreeable quality and high standard, and it is, therefore, a scientific accomplishment of value, as our method ensures that perfect purity and uniformity of product required by the careful physician. It is a laxative which physicians may sanction for family use because its constituents are known to the profession and the remedy itself proven to be prompt and reliable in its action acceptable to the taste and never followed by the slightest debilitation.

ITS ETHICAL CHARACTER.

Syrup of Figs and Elixir of Senna is an ethical Proprietary remedy and has been mentioned favorably, as a laxative, in the medical literature of the age, by some of the most eminent living authorities. The method of manufacture is known to us only, but we have always informed the profession fully, as to its component parts. It is therefore not a secret remedy, and we make no empirical claims for it. The value of senna, as a laxative, is too well known to physicians to call for any special comment, but in this scientific age, it is important to get it in its best and most acceptable form and of the choicest quality, which we are enabled to offer in Syrup of Figs and Elixir of Senna, as our facilities and equipment are exceptional and our best efforts devoted to the one purpose.

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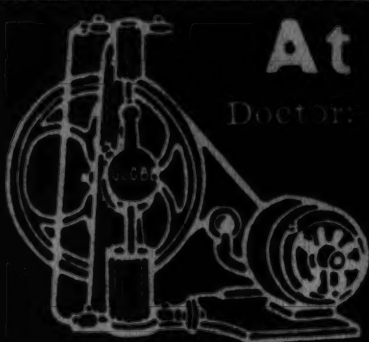
*requiring an astringent antiseptic—and in Albuminuria,
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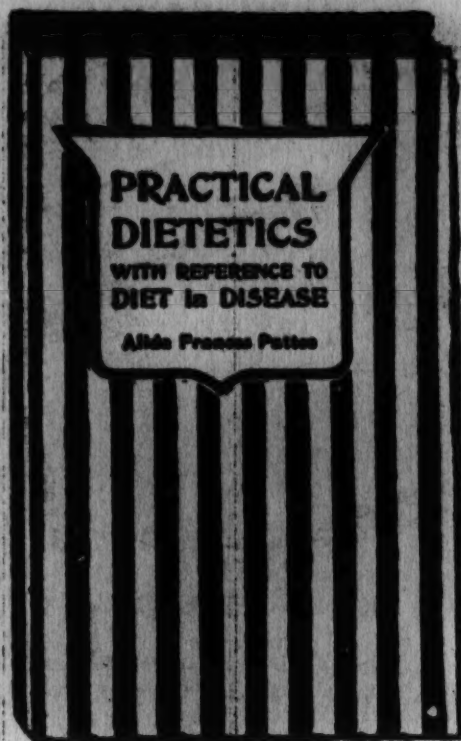
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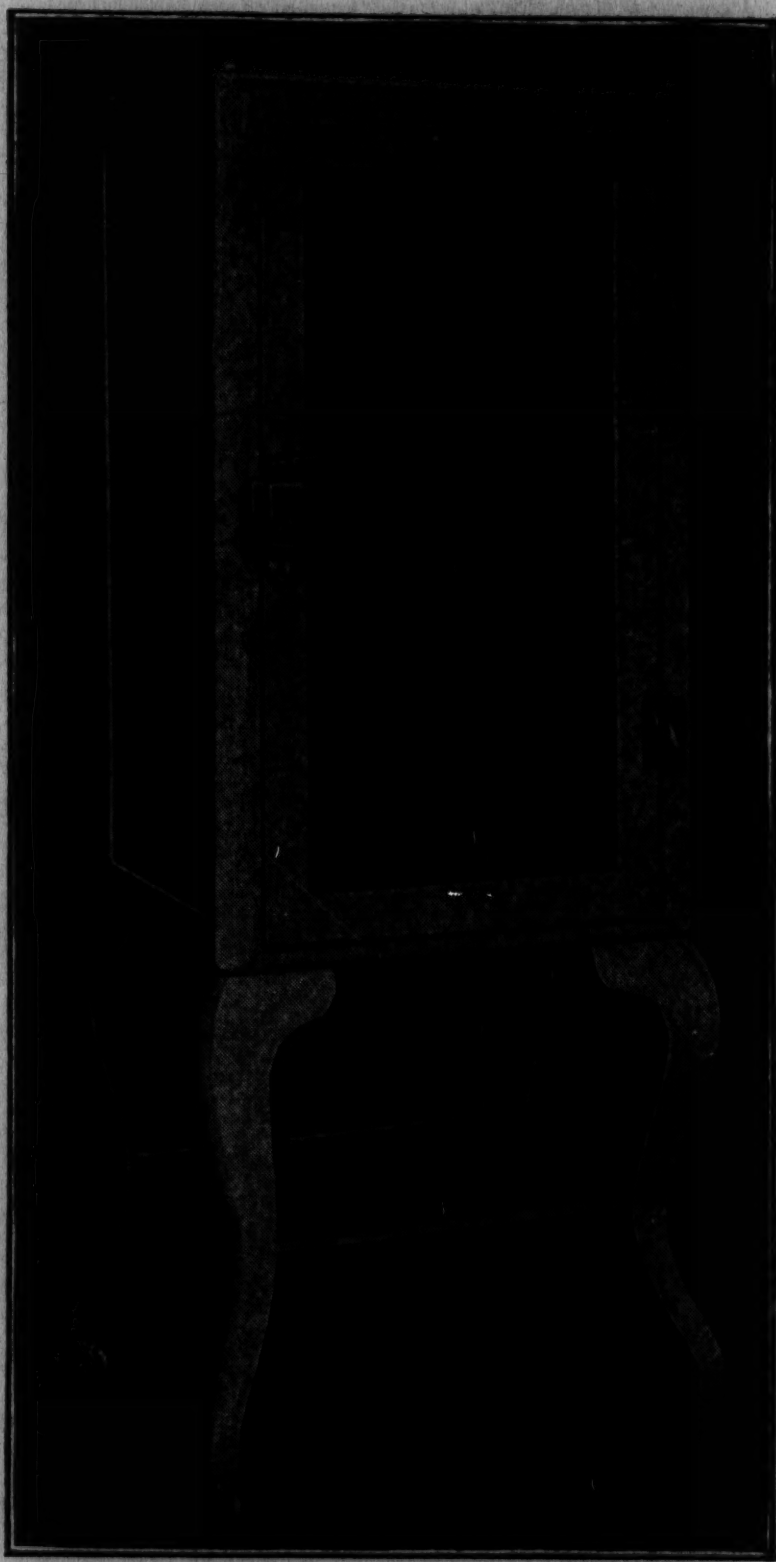
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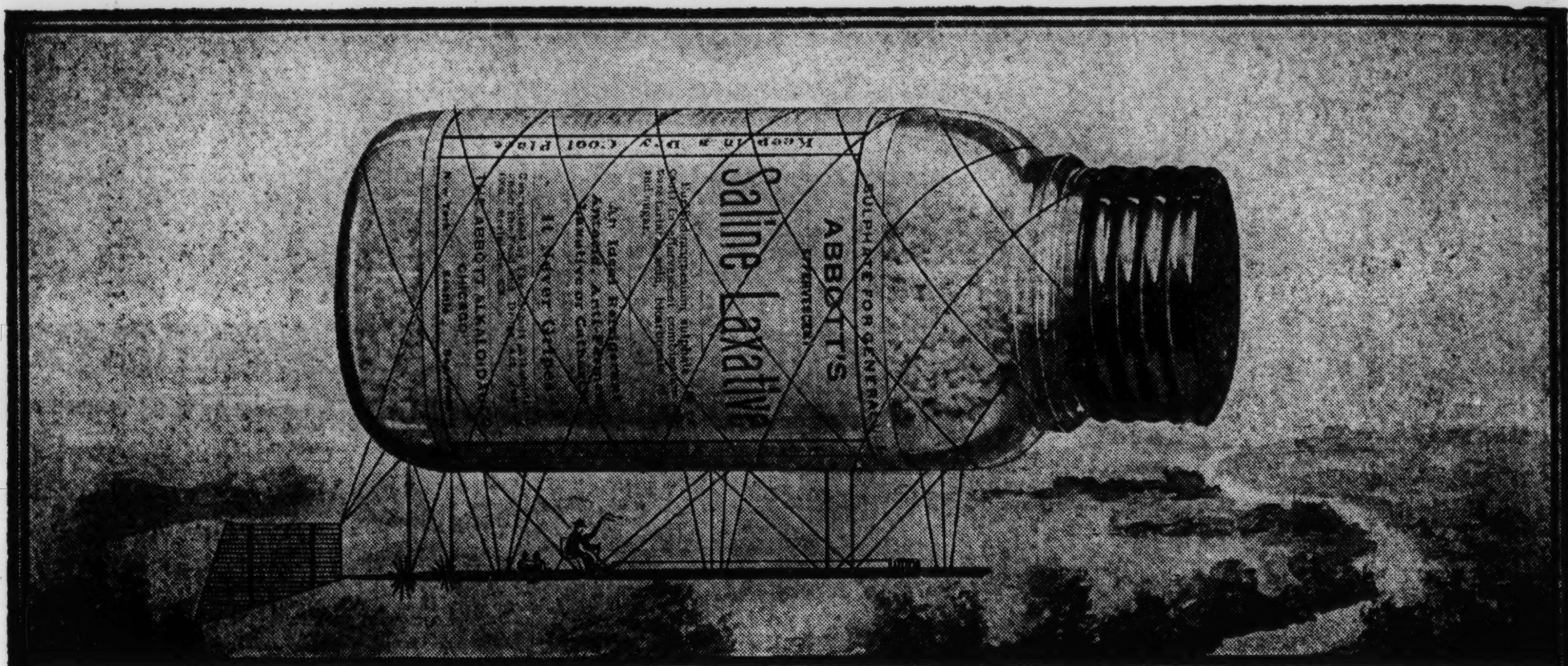
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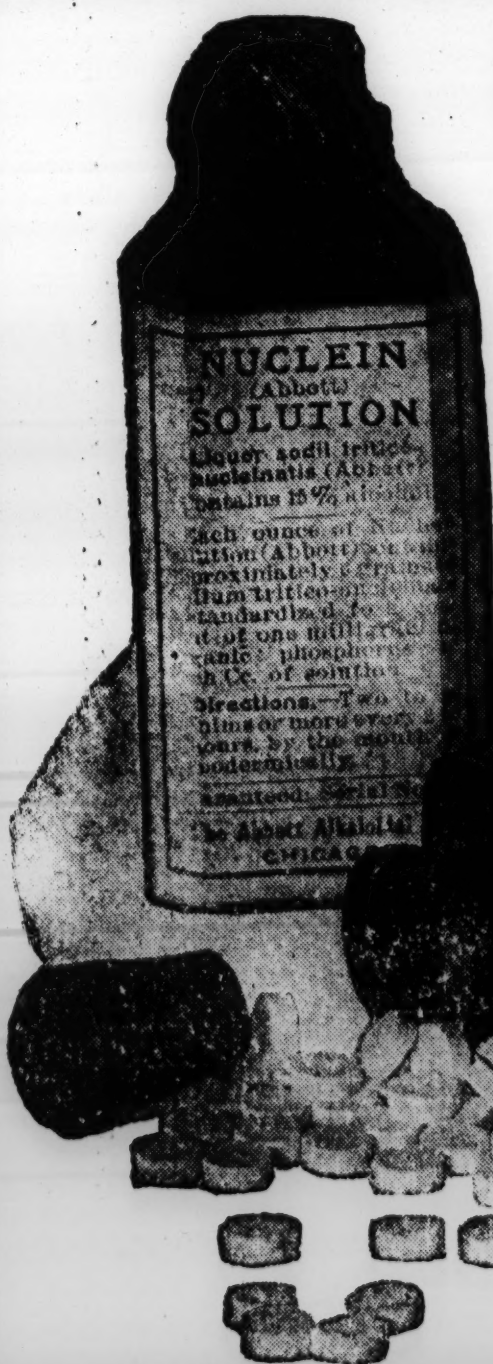
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